

Four Components in Menu Planning

CACFP nutritional guidelines help assure that children are provided with healthy foods that meet their growing needs. The four components below are used to plan meals and snacks.

Breakfast must contain the milk, grains/bread and vegetable/fruit components.

Lunch and Dinner meals must contain all four components, including two different servings of vegetable/fruit.

Snacks must contain at least two different food components.

Additional foods may be served to provide additional calories and nutrients.

<p>Meat / Meat Alternates</p> <p>Lean meat, poultry, fish, cheese, egg, cooked dry beans or peas, Nuts and seeds, nut and seed butters, alternate protein products, Yogurt (creditable at lunch and snack only)</p> <p>Specifics</p> <ul style="list-style-type: none"> • Required at Lunch and Supper as main dish • Nuts/seeds/butters can meet only ½ of meat requirement at meals; meets full requirement at snacks • No more than 2 different meat items creditable at 1 meal 	<p>Milk</p> <p>Whole milk required for 1 year olds Lowfat, 1% or skim preferred after age 2 2% or flavored O.K. after age 2</p> <p>Specifics</p> <ul style="list-style-type: none"> • Milk must be fluid • Serve at all 3 meals: serve as beverage for lunch and supper • Milk O.K. over cereal at breakfast and snack • Infants under age 1 are served breast milk or iron-fortified formula, not regular milk
<p>Vegetable / Fruit</p> <p>Fruits and vegetables 100% full strength fruit or vegetable juice</p> <p>Specifics</p> <ul style="list-style-type: none"> • 1 serving required at Breakfast • 2 different kinds required at Lunch & Supper • Minimum creditable amount-1/8 cup • Dried beans and peas not counted as both fruit & vegetable and meat at 1 meal • Juice not served with milk for snacks • Only one vegetable/fruit creditable for snacks (Example – No juice and apple) 	<p>Grains/Breads</p> <p>Whole grain or enriched bread, grains, cereal, crackers, pasta</p> <p>Specifics</p> <ul style="list-style-type: none"> • Required at Breakfast, Lunch, and Supper • Minimum creditable amount is ¼ serving • Ready-to-eat cereal at breakfast and snack only • Grain-based chips creditable only 2 times a week and only at lunch and snack • Coffee cake, doughnuts, sweet rolls creditable at breakfast and snack only • Grains/Breads may not be dessert at lunch and supper. Cookies and other dessert grains are creditable only at snacks and <i>no more than 2 times per week</i>